What's happening

January/February 1988
A bimonthly calendar of public events at UC-San Francisco. Please come and enjoy.

UCSF-Laurel Heights Events

All events held at 3333 California St. Auditorium. Call 476-3206.

Fri., Feb. 5: **Musical Panoramas: Jazz pianist Denny Zeitlin,** with Peter Donald, drums, & Joel DiBartolo, bass. Third in a series of eight musical programs. 8 p.m. $7 students & seniors. $9 general. Call 476-2542 for program information, 476-2035 for series & other ticket information. Free parking available.

Fri.-Sat., Feb. 12-13: **Mental Health Assessment of Deaf Clients: Special Conditions.** UCSF Center on Deafness Clinical Conference. Call 476-4980 for registration information.

Sun., Feb. 28: **Musical Panoramas: Vienna Chamber Trio.** US & Austrian musicians, combining European tradition with American flair, perform Beethoven, Brahms & the "folk tunes" of Swiss composer Frank Martin. Fourth in a series of eight musical programs. 8 p.m. $7 students & seniors. $9 general. Call 476-2542 for program information, 476-2035 for series & other ticket information. Free parking available.

Community Health Education Programs

Sponsored by UCSF Office of Public Service Programs, these free lectures are geared to senior citizens. For further information call 476-3206.

Tues., Jan. 12: **Taking Your Medicines.** Heritage Senior Program, 3400 Laguna St. 1:30 p.m.

Tues., Jan 19: **Communication With Your Doctor.** First Baptist Church Senior Program, 21 Octavia St. 1 p.m.

Wed., Jan. 27: **Skin Care.** Bernal Heights Senior Program, 515 Cortland Ave. 12:20 p.m.

Thurs., Feb. 18: **Communication With Your Doctor.** Seventh Avenue Senior Program, 1329-7th Ave. 1 p.m.

Brown Bag Tours/Lectures

All lectures are free and held on Wednesdays at noon in Room 300, Health Sciences West (enter through 513 Parnassus). Videotapes of all talks are available for viewing in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. For further information call 476-4394.

Jan. 6: **Take This Job & Love It.** Changing your work without changing your job.

Jan. 13: **If Life is a Game, Then Why Aren't You Having Fun?** There is more to life than ambition & the almighty dollar.

Jan. 20: **Minorities in Higher Education.** The unfinished agenda of the civil rights movement.

Jan. 27: **The Brain & Language.** Half brains: An analysis of language on each side of the brain.

Feb. 3: **Your Secret Weapon: Laughter.** Laughter as a key to success in business, relationships & health.

Feb. 10: **UCSF Paramedical Camouflage.** Makeup to camouflage congenital, traumatic, or surgical lesions, including birthmarks, pigment problems & burn scars.

Feb. 17: **Dreams & Symbolism.** Analyses by the experts.

Feb. 24: **Managing Your Tax Affairs for Fun & Profit.** Impact of the 1986 Revenue Act.

Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, January 5, 12, 19, 26 and February 2, 9, 16, 23. Meet in the lobby of Medical Sciences building, 513 Parnassus. For further information call 476-4394.

New Volunteer Orientation

To acquaint new & prospective volunteers with opportunities available in the Medical Center at UCSF. Call 476-1196.

Tues., Jan. 5 & Feb. 9: Rm. 332, Health Sciences East, enter through 513 Parnassus. 1-3 p.m.

Tues., Jan. 19 & Feb. 23: Rm. 213, Clinical Sciences Bldg., 521 Parnassus. 6-8 p.m.

Folk Dancing

Learn line dancing from various parts of the world. No partner needed, beginners welcome. Held every Tuesday in the Millberry Union Gym, 500 Parnassus. 1:05-2:30 p.m. $2. For information call 476-1800.

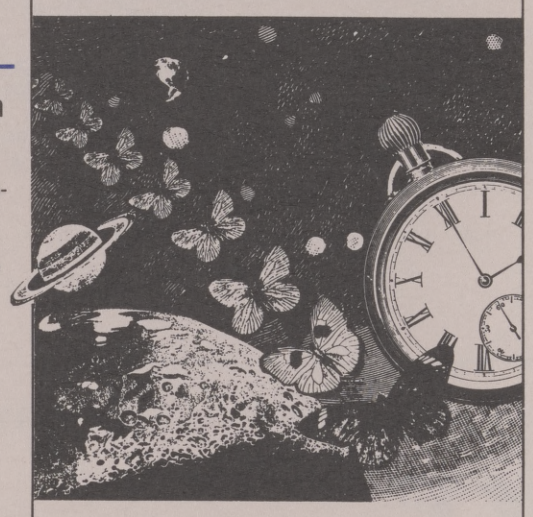
Special Events

Fri., Jan. 22: **Matinee Cabaret.** Comedian & magician Patrick Martin. Cole Hall, 513 Parnassus. Noon. Free.

Tues., Jan. 26: **Campus Blood Drive.** Personal identification is requested. Blood may be given in Millberry Union main lounge, 500 Parnassus, from 8 a.m.-3 p.m. or on the mezzanine level, School of Nursing Bldg. (enter through 521 Parnassus) from 11 a.m.-5:30 p.m. For further information call 476-4394.

Tues. & Thurs., Feb. 9-25: **Eyes on the Prize.** UCSF celebrates Black History Month by screening all six chapters of this award-winning PBS video documentary. Toland Hall, 533 Parnassus. Noon-1 p.m. Free.

Fri., Feb. 19: **Campus Jazz & Blues Night.** Soloists & ensembles from the UCSF campus. Millberry Union Gym, 500 Parnassus. 8 p.m. $3 students & MU members, $5 others.



Wed, Feb. 24: **Chancellor's Distinguished Lecture for the Public Understanding of Science.** "Butterflies and Superstrings." Author & theoretical physicist Freeman J. Dyson, Institute for Advanced Studies, Princeton, takes us on a rapid, but colorful, tour of the universe. Cole Hall, 513 Parnassus. 3 p.m. Free. Call 476-2557.

Women's Resource Center

For further information call 476-5836.

Thurs., Jan. 14: **The Ongoing Challenge: Feminism & Free Speech in the '80s.** Lecture by Constance Scott of Radical Women. Toland Hall, 533 Parnassus. Noon-1 p.m. Free.

Sat., Jan. 23: **Investment Workshop.** Toland Hall, 533 Parnassus. 1-4 p.m. $35-$50 sliding scale.

Weds., Feb. 3-24: **Job Skill Review Workshop Series.** Rm. 517, School of Nursing Bldg., enter through 521 Parnassus. Noon-1 p.m. Free.

Art Exhibits

Hospitals Auxiliary Exhibit: On display for the month of January in the lobby of Moffitt/Long Hospitals, 505 Parnassus, are oil paintings, watercolors, color photography, collage & mixed media. On display during February will be acrylics on silk, oil painting, watercolors, color photography & color oil pastels. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, visit the Auxiliary Office, Rm. 182, Moffitt Hospital, 505 Parnassus, 9 a.m.-4 p.m., or call 476-4906.

Faculty/Alumni House Exhibit: On display through February 26 are sculptures by Gary Bryan, pencil drawings by Gloria Mattis & black & white photography by Emilio Mercado. Faculty/Alumni House, 745 Parnassus. 8 a.m.-4:30 p.m. Call 476-4723.

Nursing Courses

Full-day courses sponsored by the Medical Center at UCSF, Department of Nursing. For exact times & locations call 476-2993.

Mon., Jan. 11: **Diabetes Update.**

Wed., Jan. 20: **Principles of Oncology.**

Mon., Jan. 25: **Maternal/Fetal Physiological Development.**

Tues., Jan. 26: **Maternal/Fetal Assessment & Well-Being.**

Mon.-Tues., Feb. 1-2: **High Risk Perinatal Conditions.**

Mon., Feb. 1: **Medical Problems of the Surgical Patient.**

Wed., Feb. 3: **12 Lead EKG Workshop.** (Half-day course.)

Thurs., Feb. 4: **Multi-Faceted World of Neuroscience Nursing.**

Fri., Feb. 5: **Who Cares for the Caregiver?**

Mobile Mammography Screening Program

Women can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient shopping or downtown locations in San Francisco and remains for a week at a time. Women need the approval of their physicians to have the mammogram. The procedure takes approximately 20 minutes and costs only $40. To make an appointment call 990-0459 or 476-2193 between 9 a.m. and 3:30 p.m. The van will be at the following locations during January and February:

- Jan. 4-8: Embarcadero, Drumm St. between Sacramento & Clay.
- Jan. 11-15: Moscone Center area, on 3rd St. at Mission.
- Jan. 19-22: Daly City, Serra Vista Ave. at First Nationwide Bank. (Closed Jan. 18.)
- Jan. 25-29: UCSF Laurel Heights, 3333 California St. in the left parking lot.
- Feb. 1-5: Marina Green parking lot near the Ft. Mason entrance.
- Feb. 8-12: Mission/Excelsior District, 4900 block of Mission near Safeway.
- Feb. 16-19: Bechtel Corp., in front of 50 Beale St.
- Feb. 22-26: Sunset District, Irving St. between 25th & 26th Aves.
- Feb. 29-Mar. 4: Westlake Shopping Center, Park Plaza Dr., near Safeway.

Low Vision Lecture Series

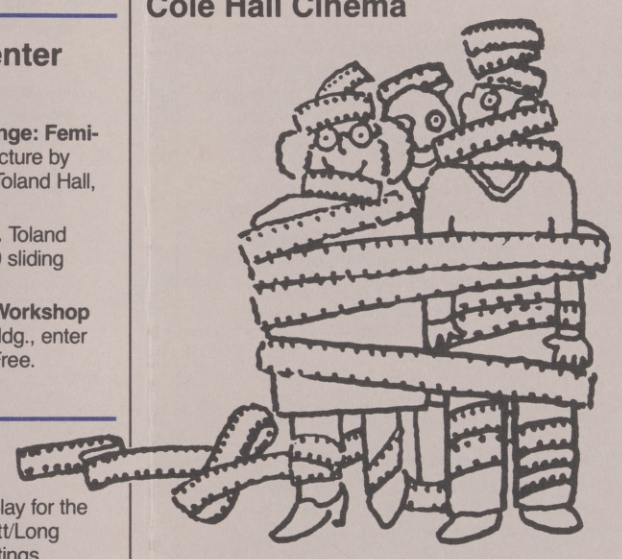
Lecture/discussion series for people with low vision and their families, meets on first & third Saturdays of every month at 374 Parnassus. For further information call Francis Neer, 626-5313.

Sat., Jan. 16: **What the City Has to Offer for People With Low Vision.** Don Yeberretta, SF Recreation & Parks Dept.

Sat., Feb. 6: **Muni's Programs for the Handicapped.** Tom Rickert.

Sat., Feb. 20: Open forum to discuss problems of the visually impaired.

Cole Hall Cinema



All films are shown in Cole Hall, 513 Parnassus. Children under 14 $2; UCSF students, seniors, & Millberry Union members $2.50; general $3. Call 476-2571.

Roxanne. Thurs., Jan. 7 at 5:45 & 8:15 p.m. Fri., Jan. 8 at 6:30 & 9 p.m.

The Untouchables. Thurs., Jan. 14 at 7:30 p.m. Fri., Jan. 15 at 6:30 & 9 p.m.

No Way Out. Thurs., Jan. 21 at 9 p.m. Fri., Jan. 22 at 6:30 & 9 p.m.

Stakeout. Thurs., Jan. 28 at 5:45 & 8:15 p.m. Fri., Jan. 29 at 6:30 & 9 p.m.

La Bamba. Thurs., Feb. 4 at 5:45 & 8:15 p.m. Fri., Feb. 5 at 6:30 & 9 p.m.

The Principal. Thurs., Feb. 11 at 7:30 p.m. Fri., Feb. 12 at 6:30 & 9 p.m.

Man Facing Southeast. Thurs., Feb. 18 at 5:45 & 8:15 p.m. Fri., Feb. 19 at 6:30 & 9 p.m.

The Living Daylights. Thurs., Feb. 25 at 5:45 & 8:15 p.m. Fri., Feb. 26 at 6:30 & 9 p.m.

Film & Reading Groups

Meet once a month to discuss selected books and films. Board of Governors Room, Millberry Union, 500 Parnassus. Call 476-2542.

Tues., Jan. 12 & Feb. 9: **Film Group Meeting.** 6 p.m.

Tues., Jan. 26 & Feb. 23: **Reading Group Meeting.** 6:30 p.m.

Outdoors Unlimited

Located on Parnassus Ave., street level in the University Hospital Bldg. between 3rd and 4th Ave., Outdoors Unlimited offers outdoor adventures for the neighborhood and campus community. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday & Friday; 11:30 a.m. to 1:30 p.m. or 4 to 6 p.m. Tuesday to Thursday. Two-week advance registration and attendance at a pre-trip meeting is required for most events. Pre-trip meetings and classes take place in Milberry Union, 500 Parnassus. For further information and a free brochure listing all events call 476-2078.

Wed., Jan. 13: **The Tsunami Rangers.** Sea kayaking slide presentation. Rm. 300, Health Sciences West, enter through 513 Parnassus. 7:30 p.m. Free.

Wed., Jan. 20: **Wave Ski Club Meeting.** Millberry Union TV Room, 500 Parnassus.

Sat.-Sun., Jan. 23-24: **Ski Trip.** North Lake Tahoe.

Sat.-Sun., Jan. 30-31: **Introduction to Cross-Country Skiing.** North Lake Tahoe. Classroom dates: Mon. & Wed., Jan. 25 & 27.

Sat.-Sun., Jan. 30-31: **Introduction to Wave Skiing.** Previous surfing experience required. Pre-trip meeting: Wed., Jan. 27.

Sat.-Sun., Feb. 6-7 & 20-21: **Intermediate Cross-Country Skiing.** North Lake Tahoe. Classroom dates: Feb. 3 & 4 or 16 & 18.

Sat.-Sun., Feb. 20-21: **Snow Camping Skills Clinic.** Classroom date: Tues., Feb. 16.

Sat.-Sun., Mar. 5-6: **Downhill Skiing Skills Clinic.** North Lake Tahoe. (For intermediate level skiers.)

Sat.-Sun., Mar. 12-13: **Ski Trip.** North Lake Tahoe.

Sat.-Sun., Mar. 12-13: **Introduction to Safe Climbing.** Cosumnes River Gorge. Classroom date: Tues., Mar. 8.

PRO: Recreation & Fitness

Over 100 classes for the active and the inactive person. Winter classes include aerobics, weight management program, healthy neck and back care, stress reduction, yoga, speed reading, dance, cooking, golf, tennis and MUCH MORE! Winter quarter classes begin Mon., Jan. 11. Registration begins Wed., Jan. 6, at Millberry Union Central Desk, 500 Parnassus. For further information and a free brochure listing all classes call 476-1800.

Rape Prevention Education

For information call 476-5222.

Tues., Jan. 26: **Violence: What Are The Connections?** Activist & economist Julianne Malveaux discusses the culture & politics of violence in the US. Toland Hall, 533 Parnassus. Noon-1 p.m. Free.

Self-Defense Classes for Children & Adolescents. UCSF Child Care Study Center, 610 Parnassus. 10:30 a.m.-2 p.m. $15. Sat., Jan 23: Ages 8-10. Sat., Feb. 6 & Mar. 5: Ages 11-14.

Support Group for Women Abused as Children. Twelve consecutive Weds., 5-6:30 p.m. Dates & locations to be announced. $5 to $40 per session, sliding scale.

Personal Safety Classes

Conducted by the UCSF Police Department's Personal Safety Program. All classes held at the Laguna Honda Personnel Conference Rm., 1350 7th Ave. Call 476-5683 to register.

Self Defense Workshop. Easy-to-learn techniques. 9 a.m.-5 p.m. $20 public, $15 UC affiliate. Sat., Jan. 23.

Women's Seven-Week Self-Defense Class. 6:30-9:30 p.m. $30 public. $10 UCSF affiliate. Mon., Jan 25-Mar. 14.

Tear Gas Certification Classes. Department of Justice approved. 6-9 p.m. $10.Wed., Jan. 13 & 27.

To Our Neighbors is produced by the UCSF News and Public Information Services Department. For further information call 476-1541.

UCSF
University of California, San Francisco
...A Health Sciences Campus

January/February 1988
A summary of recent news stories from the University of California, San Francisco . . . A Health Sciences Campus.
Volume 13, Number 1

To our neighbors

UCSF Treatment Safe for Hemophiliacs

Hemophiliacs no longer have to be concerned about uncontrollable bleeding or getting AIDS through contaminated blood products during elective surgery, thanks to a treatment plan developed over the past 10 years at UCSF.

Hemophiliacs are always at risk of serious bleeding because they lack vital blood clotting factors. But major advances over the last 20 years in developing blood clotting products and home therapy have made it possible for hemophiliacs to lead virtually normal lives.

However, "elective surgery is the one area that has remained a serious concern," said Marion Koerper, MD, director of the UCSF Hemophilia Treatment Center.

UCSF's surgery protocol is designed so that clotting supplements are given to the patient at the time of greatest risk—during the surgical procedure and immediately thereafter—and then are tapered off as the body stabilizes and the surgical wounds heal.

Clotting factor concentrate now is safe from the AIDS virus because of work done by UCSF virologist Jay Levy. In 1984 Levy reported that heat treatment of factor concentrate can kill the AIDS virus, and this process immediately became standard practice at UCSF.

For further information call 476-1280.

Prompt Treatment of Blood Sodium Levels Can Save Lives

● Researchers at UCSF and Baylor College of Medicine have reported that prompt treatment of a deadly syndrome first described only last year can save lives and prevent permanent brain damage.

In a study of 45 patients who developed severe hyponatremia (low blood sodium)—often after routine elective surgery—most of those treated with intravenous salt solution before they stopped breathing recovered completely, reported UCSF geriatric researcher Allen I. Arieff, MD, at the VAMC, in the November 5 issue of the *New England Journal of Medicine*.

● Arieff also has reported that a surprising number of older patients become dehydrated and develop hypernatremia—high blood sodium—a common but poorly understood problem in the elderly, during their hospital stay, greatly increasing the chance they will die of their illnesses. Arieff and colleagues reported their results in the September issue of the *Annals of Internal Medicine*.

$1 Million Geriatric Grant

UCSF, UCLA and UC-Davis have been selected by the US Department of Health and Human Services to receive a $1 million grant to organize and implement the California Geriatric Education Center (CGEC) program.

The CGEC is an interdisciplinary program which will combine the resources of the three campuses to train faculty members to develop and implement aging-related instruction at institutions of higher learning throughout the state.

The grant is designed to support faculty development programs in geriatrics, gerontology, internal medicine, family practice, community medicine, preventive health, nursing, social work and pharmacy.

$2.8 Million for First Major Osteoporosis Study

UCSF researchers at the VAMC and the Parnassus campus have received $2.8 million from the National Institutes of Health for the first major interdisciplinary study of osteoporosis, a loss of bone strength that afflicts some 15-20 million Americans.

One of the largest ever targeted for study of the disease, the four-year grant will allow the researchers in nine specialities to join forces for laboratory and clinical studies on cause, prevention and treatment.

"The ultimate goal is to prevent osteoporosis-related fractures," said UCSF physiologist Claude Arnaud, MD, chief of endocrinology at the VAMC, who will direct the research program.

Osteoporosis is becoming an increasingly serious problem as the American population ages. Most common in postmenopausal women, the condition results as bones lose mineral—often becoming so fragile that spinal bones break simply from the weight of the body.

Lowering Cholesterol

A combination drug therapy that includes the new anti-cholesterol drug lovastatin (Mevacor®) is the best way yet to lower cholesterol levels in people with extremely high and dangerous concentrations in the blood, according to a study by UCSF physicians.

The three-drug combination lowers cholesterol levels by as much as 79 percent, bringing them below the average for the US population. This is an unprecedented reduction when compared to previous drug regimens, said physicians Mary Malloy and John Kane in a report in the *Annals of Internal Medicine*.

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Rush—Time Dated
January—February 1988

To our neighbors

Mount Zion and UCSF Form Perinatal Partnership

Mount Zion and UCSF have formed a partnership to combine perinatal services and consolidate training programs, in order to provide families throughout Northern California with high quality, economical and conveniently accessible obstetric and pediatric care.

The new perinatal program, under the direction of Robert Jaffe, MD, chair of UCSF's ob/gyn and reproductive sciences, and Abraham Rudolph, MD, chair of pediatrics and director of maternal and child health services at Mount Zion.

The program capitalizes on the excellence and reputation of both institutions to care for mothers and babies, while maintaining the highest quality undergraduate and postgraduate training programs in neonatology, obstetrics and pediatrics.

Key components of the joint program which began January 1 are:

● Consolidation of high-risk obstetrics and Level III neonatal care—the highest intensity of care for the sickest newborns—at UCSF within three years.

● Maternity and newborn care, including Level II nursery to care for minimally sick infants, will continue at both institutions.

● Integration of transport services for high-risk mothers and sick babies from hospitals as far north as the Oregon border and as far south as San Luis Obispo. These combined programs care for some 300 high-risk mothers and 900 sick babies each year.

● Integration of training of residents in obstetrics and pediatrics—combining the two independent training programs of nearly 90 physicians.

● Joint training of specialists in neonatology—care of newborn infants.

Union, Management Join Forces for Auto Workers Study

A pilot study of the long-term effects of solvents on auto workers has begun at the UCSF Occupational Health Center at SFGH with initial funding from General Motors and the United Auto Workers.

"This is the first time union and management in the auto industry have funded a project like this together," said Charles Becker, MD, chief of the Division of Occupational Medicine at SFGH. It has been suspected for some years, Becker said, that solvents either alone or in mixtures may temporarily or permanently alter the nervous system, sometimes in ways that are not easily detected.

The goal of the initial phase of the study is to identify a group of GM auto workers who have had exposures to solvents for more than 10 years. Once the preliminary work is done, the study will compare the possible neurological effects of solvents on this group in comparison with a control group.

Women Suffer More Than Men From Alzheimer's

Alzheimer's disease is hitting women harder than men, according to a UCSF study of patients at six diagnostic and treatment centers in California.

Women not only comprised more than two-thirds of the Alzheimer's cases at these centers, but they were more likely than their male counterparts to be living alone, poor and, as a result, not covered by private pension or health insurance, said Patrick Fox, a researcher at the UCSF Institute for Health and Aging, who conducted the study.

Family and social support are critical in the care of Alzheimer's patients, who gradually deteriorate and lose their mental and physical abilities. Family members usually shoulder the burden of caring for the Alzheimer's patient. Although senior day care centers, home care agencies and others provide longterm care services to these patients, these programs are sometimes less accessible to low income people without someone helping manage their affairs.

Service Expands to Include Liver Transplantation

The Medical Center at UCSF has expanded its patient transplant service to include liver transplantation for adults, children and infants as young as six months old, beginning this month.

Nancy L. Ascher, MD, PhD, director of the University of Minnesota's highly regarded liver transplant program since 1982, has joined the UCSF faculty as professor of surgery and director of the new UCSF liver transplant service. She has performed 145 transplants in the Minnesota program with high one-year survival rates—about 85 percent. It is expected some 50 liver transplants will be performed during the first year at UCSF.

Like the existing UCSF transplant programs, which include kidney, bone marrow, cornea, and middle ear tissue, the new liver transplant service will benefit from the combined expertise of clinicians and researchers who represent a wide group of specialties important to the transplant patient. Liver transplant surgeons will work closely with UCSF's Liver Research Center, recognized for its significant contributions to understanding liver function.

For further information call 476-8028.

Cochlear Implant Success Leads to Clinical Trials

A four-channel cochlear implant developed by UCSF researchers has proved so successful in giving totally deaf persons the ability to understand human speech that the UCSF team has begun work with a more sophisticated eight-channel model.

The new device is expected to give deaf patients improved results in recognizing speech and to broaden the opportunity for success in patients who received only minimal benefit with the previous implant.

Like the four-channel device, the new implant will consist of a receiver and electrodes that are surgically implanted beneath the skin behind the ear, and an external speech processor usually worn at the belt or in a pocket. The processor converts speech and sound into electrical signals that are then transmitted to the auditory nerve by the implanted system. All components will be smaller than those of the previous model.

For further information call the UCSF Cochlear Implant Project, under the clinical direction of Robert Schindler, MD, at 476-2464.

Over Thirty and Pregnant?

The Medical Center at UCSF has formed a support group for pregnant women over the age of thirty. Sponsored by the UCSF Obstetric Practice, the group meets on Thursdays from 7 to 8:15 p.m. in Room 860 of the Ambulatory Care Center, 400 Parnassus Avenue. The purpose is to provide a supportive space where mature women can share feelings about their changing roles as mothers. This is not a therapy group. For further information call Sharone Abramowitz, MD, 476-5010 or Lynn Schroeder, MD, 476-4720.

(More news items on back page)

Nursery Grads Celebrate

Wesley Wong

This is a scene from the recent reunion for the "graduates" of the Intensive Care Nursery and their families. Some 400 former high-risk babies were invited, some of whom now are adults. The UCSF ICN serves as a regional referral center for high-risk babies and mothers.